

Course Identification and General Information

COURSE TITLE: Principles of Clinical Nutrition

COURSE CODE AND NUMBER: CHS 214

STAFF MEMBER RESPONSIBLE FOR THE COURSE:

Mrs. Madawi M. Al-Dhwayan
Office hours:
Sunday, Monday, Tuesday, 9 – 12 pm

<p>maldhwayan@ksu.edu.sa Office no. 206 , 3rd floor <i>Web page:</i> http://fac.ksu.edu.sa/maldhwayan</p>

CREDIT HOURS: 3 hrs (3+ 0) / week

COURSE OVERVIEW:

Definition of clinical nutrition. Study of the basic composition of protein, fat, carbohydrates, vitamins and essential minerals. Highlight the basic digestion process of foods, their absorption and basic metabolism within the body. In addition, study of these nutrients in relation with human growth and development and keeping it healthy including dental health, and highlight the main diseases related to deficiency of these nutrients. This course covers also the definition of the balance complete diet and the body requirements of nutrients.

COURSE REQUIREMENT

a. Attendance & Participation

Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successful completion of all assignments.

Class participation and attendance are imperative for students to achieve the basic objectives of the course.

b. Assignments

All assignments are due on time; other wise 1 point will be deducted for each day later.

1. Nutrition in news

- a. Each student should choose an article about nutrition in the news (paper newspaper or e-newspaper). The original article should be submitted.
- b. Each student should find an article about the same topic from a well trusted nutrition source (Food and Drug Administration FDA, American Dietetic Association ADA, U.S. Department of Agriculture USDA, etc.), that is in line with the newspaper article or against it.
- c. Present and discuss both articles in class and write a one page report on both articles (200 – 300 words).

2. Video

- a. Students will be randomly chosen to watch a documentary video about nutrition.
- b. Write a one page report about the main points discussed in the video (200 – 300 words).
- c. Present and discuss the main points with the class.

c. Class rules

Students are required to arrive on time to the class, only 10 min delay is accepted, and otherwise student is considered absent.

Water and coffee are allowed during class, no food is allowed. Mobile phones have to be kept silent.

d. Examinations

There will be 2 mid-term exams and a one comprehensive final exam given in this course. Exams will cover lecture material, reading assignments. Absence is not accepted. Make up exams will not be given.

e. Quizzes:

At the beginning of each lecture we will have a quiz covering the material of the previous lecture. There will be no Makeup quizzes.

4. COURSE ASSESSMENT / EVALUATION

	mark	Due date:
1 st midterm exam	20%	Wed. 29-10-2014 (12 – 3pm)
2 nd midterm exam	20%	Wed. 19-11-2014 (12 – 3pm)
Assignment (1)	5 %	Mon. 22-09-2014
Assignment (2)	5 %	Mon. 08-12-2014
Quizzes	10%	At the end of each chapter
Final exam	40%	To be announced by the department
Total	100	

Learning resources:

Text book	• Understanding Normal & Clinical Nutrition 8ed., By, <i>Eleanor Noss Whitney</i>
Reference Materials	• http://www.eatright.org
Electronic materials	• videos will be given each lecture as appropriate

Information contained in the course syllabus, may be subject to change with advance notice

Course Description

wk	Tuesday	topic / lecture	asses.
1	2 Sep 2014	Introduction\ Syllabus	
2	9 Sep	An Overview of Nutrition	Quiz
3	16 Sep	Carbohydrates - 1	
4	23 Sep	No lecture (National Day)	
5	30 Sep	Hajj Holiday	
6	7 Oct		
7	14 Oct	Carbohydrates - 2	Quiz
8	21 Oct	Lipids - 1	
9	28 Oct	Lipids - 2	Quiz
10	4 Nov	Protein	Quiz
11	11 Nov	Vitamins -1	
12	18 Nov	Vitamins - 2	Quiz
13	25 Nov	Water & Minerals - 1	
14	2 Dec	Water & Minerals - 2	Quiz
15	9 Dec	Trace minerals	Quiz
16	16 Dec	Digestion, absorption and transport	Quiz
17	23 Dec	Planning a healthy diet	
18	30 Dec	Final exams	